AYURPRANA

# FACIAL: HEAD SEQUENCE

1. Palming
2. **Optional:** Polarity hold: Opening Sequence
3. Hanu marma to shankha marma
4. Ostha marma to chibuka to Kapola to shanka
5. Nasa marma to shanka
6. Nasa ganda or adhah ganda around eye orbit to apanga
7. Rub from tip nose to Kanika marma to apanga and go to base of skull
8. **Bruh:** start medial to lateral
9. Pull upper eyelid
10. Palming - rub hands and place on face to ground in the marma of the face and transition to the head
11. Tip of nose to sthapani marma to shanka
12. Sthapani Marma to kapala marma to shankha marma
13. Kapala go to Brahmarandhra to Adhipathi (Murdhini) to Shivarandra
14. Grounding: from scalp rub hands down to shoulders and arms
15. **Optional:** Polarity holds: Closing Sequence
    Or Optional Mini polarity closing sequence
16. Right hand on heart, left hand on frontal
17. Left hand on forehead, right hand below belly button
18. Circular movement above body

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